

**PARENTING EDUCATION 1 AND 2  
(EDUCATION FOR PARENTHOOD 1 and 2)  
ACTIVITIES**

**Course Codes: 5816 and 5817**

**A. Characteristics of Effective Parenting**

- 1. Develop strategies to encourage high self-esteem.**
- 2. Evaluate personal readiness for parenthood.**
- 3. Demonstrate appropriate communication skills.**
  - Analyze the necessary elements associated setting and accomplishing parenting goals
  - Use role plays to defend personal values and goals
  - Demonstrate the relationship between personal efficacy and successful parenting
  - Submit two scenarios of parenting:
    1. Parent with personal efficacy deals with child's unacceptable behavior
    2. Parent without personal efficacy deals with child's unacceptable behavior.

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**B. Teenage Pregnancies (15.1)**

- 1. Identify the consequences of teenage pregnancies.**
- 2. Identify community resources that provide services for teen parents and their children.**
- 3. Describe the roles and responsibilities of teenage fathers.**
  - Evaluate personal readiness for assuming the parenting role
  - Create a job description for a parent to identify responsibilities: hours, benefits and drawbacks of the job
  - Compare training for occupation with preparatory training
  - Identify responsibilities of the parenting role throughout the lifespan
  - Evaluation goals and how a child fits in (personal readiness)
  - List stages of family and how parenting roles change over life span
  - Model indirect, direct and affective behavior—use in CBC
  - Research rights of the child in the USA
  - Research responsibilities of Mother, Father, Grandparents

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**C. Parenthood Roles and Responsibilities (15.1)**

- 1. Assess the roles, responsibilities, and rewards in being an effective parent.**
- 2. Investigate societal issues affecting individual, family, and community well-being.**
- 3. Investigate cultural differences in parenting styles.**
- 4. Plan strategies to obtain and allocate resources (time, space, money, energy) to insure emotional and physical well being of parent and child.**
- 5. Determine criteria for selecting care and services for children.**
  - Evaluate personal readiness for assuming the parenting role
  - Create a job description for a parent to identify responsibilities: hours, benefits and drawbacks of the job
  - Compare training for occupation with preparatory training
  - Identify responsibilities of the parenting role throughout the lifespan
  - Evaluation goals and how a child fits in (personal readiness)
  - List stages of family and how parenting roles change over life span
  - Model indirect, direct and affective behavior—use in CBC
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**(LEVEL 2)**

**D. Planning for Parenthood (15.2) (15.4)**

- 1. Investigate nontraditional methods for becoming a parent i.e. adoption, medically assisted pregnancies**
- 2. Describe methods of birth control in the context of family planning.**
- 3. Investigate the advantages of marriage in parenting.**
  - Create a collage to illustrate types of development.
  - Develop a time management plan for a parent of a newborn.
  - Research the costs of pregnancy, delivery, and newborn.

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**E. Growth and Development (15.4)**

- 1. Describe comprehensive health care and nutritional practices before and during pregnancy.**
  - 2. Determine medical choices that must be made in regard to labor and delivery, i.e. anesthesia, doctors, childbirth methods, etc.**
  - 3. Describe the role of the parent in guiding children's physical, social, emotional, moral, and intellectual development.**
  - 4. Explore acceptable methods of guidance used to modify behavior in a child.**
- Explain the stages of labor.
  - Summarize the delivery process, including APGAR scoring
  - Identify characteristics of newborn.
  - Compose a list of symptoms of postpartum depression.
  - Take a field trip to hospitals that have Teen Pregnancy Prevention Programs.
  - Create a PowerPoint presentation.
  - Explore acceptable methods of guidance used to modify behavior in a child.
  - Assess the healthy characteristics of a newborn.
  - Develop strategies for coping with needs of the mother and newborn.
  - Plan activities incorporating the March of Dimes resources.
  - Compare weight gain with what is developing in Mom's body.
  - Research tobacco, alcohol, drugs, radiation, SIDS, etc.
  - Research birth defects/Graph/Chart.
  - Tour day care facility or classroom for children with special needs.
  - Develop a geneogram.
  - Invite a guest speaker to talk about genetics.

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**F. Careers (1.0)**

- 1. Examine career opportunities related to parenthood education.**
- 2. Demonstrate career development techniques.**
- 3. Demonstrate job-seeking skills using technology.**
  - Analyze results of career inventory surveys, i.e. SCOIS, KUDER, etc.
  - Research career options
  - Fill out a sample job application
  - Create a resume
  - Role play a job interview session
  - Research (Internet) possible jobs in child care area